

## ARE YOU A CAREGIVER?



THE CARE DELAWARE PROGRAM ASSISTS,  
GUIDES AND SUPPORTS CAREGIVERS.  
TO BE ELIGIBLE FOR MOST SERVICES,  
YOU MUST BE:



A family member or friend providing in-home and community care to an older adult who is 60 or more years of age



An older relative, 60 or more years of age, caring for children 18 years of age and younger (for example, grandparents caring for grandchildren).



CARE Delaware Cares for You

For additional information and assistance with caregiving concerns, call: (800) 223-9074 about the CARE Delaware program, visit [www.dsaapd.com](http://www.dsaapd.com), or e-mail: [DSAAPDinfo@state.de.us](mailto:DSAAPDinfo@state.de.us)



*Delaware Health and Social Services*  
Division of Services for Aging and Adults with Physical Disabilities

**CAREDelaware**

Caregiver Assistance-Respite-Education

(800) 223-9074

[www.dsaapd.com](http://www.dsaapd.com)

## Caring for an older relative or friend?



CARE DELAWARE CARES FOR YOU.

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CARE DELAWARE

### SUPPORT FOR CAREGIVERS

Are you caring for an older loved one? Are you a grandparent or relative raising another family member's children? If so, you know that the role of "care-giver" can be stressful and tiring.

CARE Delaware can help – by providing support and assistance to help you take the best possible care of your loved one, while taking care of your own health and well being. In this brochure, you'll find a summary of the resources available to you.

### CONNECTIONS TO HELP YOU COPE

If you know you need help, but are not sure where to begin, CARE Delaware can get you started. Give us a call and our trained staff will talk things over with you. We'll assess your needs, and connect you with local programs and services that support you and your loved ones.

FOR MORE INFORMATION, CALL:  
(800) 223-9074.

CARE Delaware is offered through the Delaware Health and Social Services Division of Services for Aging and Adults with Physical Disabilities (DSAAPD). The program is funded by the Older Americans Act through the National Family Caregiver Support Program, and is administered by the U.S. Administration on Aging.



For local support groups, resources and organizations, visit [www.dsaapd.com](http://www.dsaapd.com)

## RESPIRE CARE

## CAREGIVER SKILLS TRAINING

## RESOURCES AND SUPPORT

Do you need a break from caregiving responsibilities? Respite care programs provide you with temporary relief, giving you time to tend to personal responsibilities, or just enjoy some free time. You can get the break you need, along with the peace of mind that comes from knowing that your loved one is in good hands.

Based on an individualized care plan, participating service providers offer caregivers' assistance with personal care (bathing, dressing, grooming), household duties (light housekeeping, laundry and meal preparation) and companion service in the home. Some providers offer overnight nursing home respite care as well.

**Saturday Adult Day Respite Program** offers a full day break for you, and an enjoyable program of social and recreational activities for your loved one, including music, arts and crafts, exercise programs, word games and outdoor time. Snacks and a nutritious hot lunch are also available.

Call (800) 223-9074 to ask for a list of current respite care providers in your local area or visit [www.dsaapd.com](http://www.dsaapd.com)

*There is a sliding scale charge for the CARE Delaware respite care services based on the family income of the care recipient (older person).*

Would you like to improve your ability to care for your loved one's physical and emotional needs? CARE Delaware offers training and education that can help you protect your loved one from injury, enhance his/her comfort and reduce the stress and frustration you may be feeling.

Through The Delaware Ecumenical Council on Children and Families, workshops are offered in a group setting, facilitated by a Registered Nurse. **Topics include:**

- Home Safety
- Nutrition
- Body Mechanics
- Breaking Out of Isolation
- Transferring a Person Out of Bed
- Resources in Delaware

## GRANDPARENT CAREGIVERS

Are you a grandparent or older relative raising another family member's children? CARE Delaware partners with other organizations to offer a helping hand to seniors raising children. Summer and holiday camps, and a "Grand Time-Off" community-based program give you a break, while providing worthwhile activities for the children in your care. Additionally, CARE Delaware offers a resource guide to legal concerns related to Family Court, custody, guardianship, foster care, visitation, child support and other important topics. For more information about grandparent support, call Joining Generations at (800) 223-9074.

## CAREGIVER RESOURCE CENTERS

Looking for a good source of information on caregiving topics? CARE Delaware Caregiver Resource Centers serve as lending libraries for training videos, comprehensive resource directories, books, pamphlets and helpful information related to caregiving. There are 27 locations throughout the State of Delaware, five with a part-time coordinator available to provide one-on-one assistance. For more information, call (800) 223-9074 or visit [www.dsaapd.com](http://www.dsaapd.com).

CARE Delaware Caregiver Resource Centers are the result of a partnership between DSAAPD and the Division of Libraries, local public libraries and senior centers.

## DELAWARE SUPPORT GROUPS

Sometimes it helps to have someone to talk to about the challenges you face. Support groups bring together caregivers and care professionals, facilitating an exchange of concerns, ideas and solutions.

For an up-to-date listing of support groups and their meeting dates and times, please visit the web site [www.dsaapd.com](http://www.dsaapd.com) or call (800) 223-9074.

## LONG-DISTANCE CARE

If you need help finding elder care resources in another state, the Eldercare Locator can help. This nationwide directory assistance service, funded by the United States Administration on Aging, can help

connect you with the support nationwide. Call (800) 677-1116, or visit [www.eldercare.gov](http://www.eldercare.gov)

## ON-LINE SUPPORT, RESOURCES, AND ASSOCIATED ORGANIZATIONS

The help you need may be as close as your fingertips. Local and national organizations can be a great resource. Visit these web sites for caregiving and health-related information as well as caregiver support.

- AARP, (800) 424-3410, [www.aarp.org](http://www.aarp.org)
- ARCH, National Respite Locator Service, (800) 773-5433, [www.respitelocator.org](http://www.respitelocator.org)
- Alzheimer's Association, (800) 272-3900, [www.alz.org](http://www.alz.org)
- Brain Injury Association of America, [www.biausa.org](http://www.biausa.org)
- Caregiver Survival Resources, [www.caregiver911.com](http://www.caregiver911.com)
- Caregivers USA, <http://Caregivers-usa.org>
- ElderCare Online, [www.ec-online.net/](http://www.ec-online.net/)
- Empowering Caregivers, [www.care-givers.com](http://www.care-givers.com)
- Family Caregiver Alliance, (800) 445-8106 [www.caregiver.org](http://www.caregiver.org)
- Hospice Foundation of America, [www.hospicefoundation.org/](http://www.hospicefoundation.org/)
- Medlineplus.gov
- National Alliance for Caregiving, [www.caregiving.org/](http://www.caregiving.org/)
- National Family Caregivers Association, (800) 896-3650, [www.nfcacares.org](http://www.nfcacares.org)
- U.S. Administration on Aging, [www.aoa.gov](http://www.aoa.gov)

## JUST FOR GRANDPARENT CAREGIVERS

- Generations United, [www.gu.org](http://www.gu.org)
- Brookdale Foundation, [www.brookdalefoundation.org](http://www.brookdalefoundation.org)  
-Lists resources and organizations providing information and support for grandparent caregivers